

ORKNEY WORDS AND ORKNEY MADE RED-RIVER DIALECT

"The once went apoochquance and they went chimmuck."
This short tale in the Red River dialect, spoken in the early days of the fur trade in Rupertland, is expressive enough not to need translation. Apoochquance could mean nothing else but "head over heels" and "chimmuck" suggests the sound made when a stone falls into the water.
The Red River dialect, according to Osborn Scott, General Passenger Agent of the Canadian National Railway, who spoke on the subject in a radio broadcast recently, was a combination of English with an Orkney accent, Scottish words and phrases, with something of Ojibway thrown in. Dependents of Orkneymen and In- dian who spoke it had peculiarities of pronunciation not noticeable in either ancestor. For instance, Mr. Scott pointed out, they could not say the "ah" sound, "shall" was "sall" and "sure", "sewer".
Indian words commonly used in- cluded "Eegyan" "never mind" or "let it go". The Scots "bye" was always used in preference to "stable" or "cowshed" and a light was never put out, it was always "slocked".

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

FOOD LIKES AND DISLIKES

How may a child be taught to like the food he should eat?
We all like foods to which we are accustomed. It is for this reason that it is essential to begin in infancy to accustom the child to the taste of desirable foods which he will then like throughout life because he is accustomed to them. Cereals are in- troduced into the diet of the infant before the sixth month; vegetable juices shortly after. Other foods, in small amounts at first, are gradually added. If this is done, by the time the child is two-years of age, a good start will have been made.
Our likes and dislikes are largely a matter of imitation. We begin to eat olives because we see that others eat them with pleasure, that, indeed,

they regard them as a luxury. The attitude of the parents to different foods is largely the attitude their children will have. If parents cannot train themselves to eat and enjoy desirable foods, and so set a good example, they cannot expect to train their children to do so.

Children want to drink tea or coffee because they see their parents drink them with some relish. The same desire can be cultivated in the child for any foods, through the ex- ample shown by the parents.

It should be a fixed rule never to talk about the food dislikes of a child when he is present. Refer to his likes, if something about food must be discussed, but never to his dislikes. Such discussions, or the display of feelings, even without words, fix the dislikes permanently in the mind of the child.

When a new food is given, there should be no fuss about it. Serve a small amount and act as if the child would eat it, as if he were now old enough to have this adult food.

Food should be served in an attractive manner. Meals should be at regular hours and time taken to enjoy each meal. Give small servings of sweet foods, or of foods with a very large helping.

A dislike for bland foods, such as milk, frequently means that the child is having too much of some sweet foods, or of foods with a very distinctive flavour. In such cases, all sweets and highly flavoured foods should be withdrawn for a few days. Children are not to be scolded or blamed for their food dislikes. The parents are wholly responsible. The child's likes and dislikes are the re- sult of the training which he has re- ceived from his parents, whom, after all, he did not select. By proper training, it is possible to have chil- dren who like simple, wholesome foods.

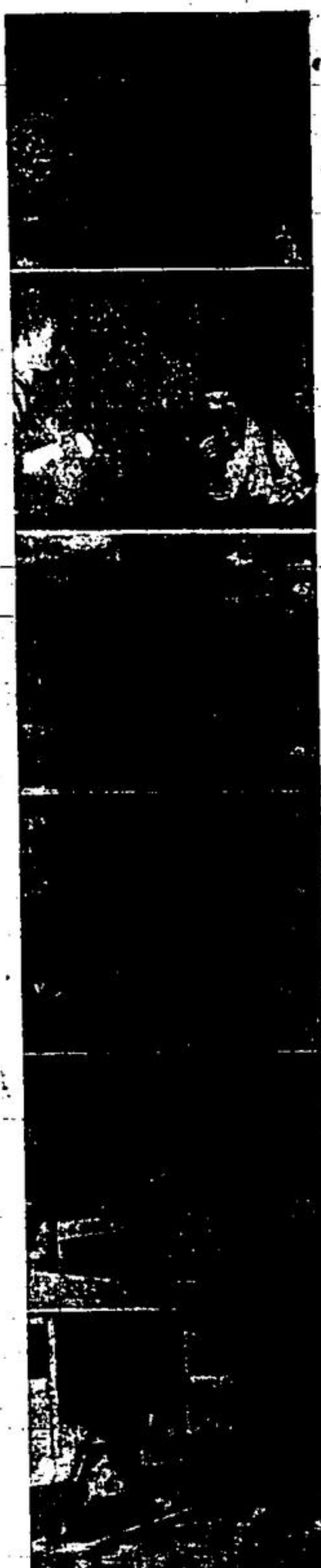
Questions concerning Health, ad- dressed to the Canadian Medical As- sociation, 184 College Street, Toronto, will be answered personally by letter.

JURY URGES LIMIT ON GUN LICENSES

Holders of gun licenses should be 21 years of age, a corner's jury re- commended at Guelph last Thursday, as they found that the death of How- ard Kellington, 21, Rockwood, had been caused by a shot from a gun in the hands of Chas. Shultis, 17, of Rockwood.

Pretty Terrible
A school master asked a boy to write something introducing the words "analyze" and "anatomy". This is what he wrote:
"My Anna lies over the ocean,
My Anna lies over the sea;
Oh, who will fly over the ocean
And bring back my Anatomy?"

PICTURES OF SPAIN



These pictures were taken in "The Heart of Spain," and will be shown in Georgetown on Friday night at the United Church.

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